



MAY NEWSLETTER

SPRING FESTIVAL

Join us for a Spring Festival filled with entertainment! We will have a game of bingo & quiz with prizes, party food, choir performance, and a great opportunity to connect with fellow staff, volunteers, beneficiaries, and trustees!

Date: 5th of June 2024

Time: 12:00pm - 3:30pm

Venue: 70 Rosaline Rd, SW6 7QT



Please contact staff to join.

Volunteer Bowling Social Night!



Celebrating our volunteers with a fun night of strikes, spares, and plenty of laughter!

Thank you to all the volunteers who came to our 'Bowling Night Social', which was a great opportunity to celebrate their achievements and thank them for all they do for our older and disabled Neighbours. There will be plenty more events to come so stay tuned! For more information on how you can volunteer with Fulham Good Neighbours contact us at info@fulhamgoodneighbours.org or call us on 020 7385 8850.

President: The Mayor of Hammersmith & Fulham



May 2nd 2024

Social Clubs

Mon - Digital Support 11:00am; Exercise 2:00pm; Gardening service

Tues - Art Club 11:00am; Choir 2:00pm Gardening service; Silver Lunch Club (monthly at St Peter Church Hall, Lillie Langtry, Kennedys, & 8 Bells)

Wed - Lunch Club 1:00pm; Online Art Club 3:00pm; Gardening service; Decorating & DIY service

Thurs - Reading Club 11:00am; Exercise 2:00pm and 3:00pm; Decorating & DIY service

Fri - Craft Club 11:00am; Decorating & DIY service

Sun - Afternoon Tea 5th & 19th May

Co-op: Opportunity to win £500!

Every month, 10 Co-op Members will win £500 for themselves and £5,000 for their chosen Local Community Fund cause.

Co-op members are entered into the prize draw if they've:

- Chosen their Local Community Fund cause
- Spent £5* at their local Co-op or shopped online from coop.co.uk/shop
- Swiped their membership card

Every time a member spends a minimum of £5 per transaction, each month, they will receive an additional entry into the prize draw, increasing their chance of winning.

If you win, Fulham Good Neighbour Service wins too! Choose us as your Local Community Fund cause, shop and swipe your membership card at @coopuk and you'll be entered into the prize draw. Find out more at coop.co.uk/communities.



Spring 2024 COVID-19 vaccination campaign

From 22 April until 30 June 2024, the seasonal COVID-19 booster will be available, free, for those who are at greatest risk of becoming seriously ill from the virus.

The national booking system opens on 15 April and a number of walk-in sites will be open across North West London from 22 April. [Click here to view sites.](#)

No booking is required at walk-in clinics.

Those eligible for vaccinations this spring are:

- adults aged 75 years and over.
- residents in care homes for older adults.
- individuals aged 6 months and over* who are immunosuppressed (as defined in the Green Book, chapter 14a; tables 3 and 4).


North West London

Putney & Fulham Half-Marathon

A HUGE thank you to everyone who donated to support Rubab, Barney, and Grace in the Putney & Fulham Half-Marathon!

They raised a total of **£1,029** for Fulham Good Neighbours projects, which will directly support our older and disabled Neighbours here in Fulham.

Thank you all!



Volunteer Corner

Please see our [Handbook here](#) & our [Safeguarding policy here](#). Please contact us with any queries & ensure to expense your costs so that you are not out of pocket. If you are **concerned for a beneficiary**, please call 07907 990 841 or 020 7385 8850. If you are concerned, out of hours, please contact LBHF Adult Social Care on 020 8753 4198 – Option 3. They can arrange a welfare check if required. **In an emergency, please call 999.**



Training Opportunity with TNN

The New Normal are passionate about the power of peer support in suicide reduction and prevention.

In partnership with **The New Normal** and supported by **Rethink Mental Illness**, we are helping communities across NW London to support each other.

Our Building Supportive Communities project is empowering local organisations (and individuals) to set up and deliver peer support that is free, accessible, and led by people from within their own communities.

The 8-week training programme includes learning how to hold space with empathy, facilitate meetings, manage difficult conversations, share from your own experience, and create a non-judgemental environment.

Also included is Suicide First Aid Lite, safeguarding and risk awareness learning, and practical guidance on setting up your own peer meeting.

The next round of training commences 3rd June 2024 for 8 weeks, and will be delivered online to make it as accessible as possible.

For more info, to sign up, or to register your interest for future online/in person training, please email hollie@thenewnormalcharity.org.

Artists' Corner



Painting by **Dawn Adrienne Taylor**

Dawn attends our Art club and she has drawn inspiration by Vincent Van Gogh.

If you would like to have your poetry, painting, or any art piece featured in the next newsletter, please get in touch with staff.

Contact us

☎ 020 7385 8850

✉ info@fulhamgoodneighbours.org

🌐 www.fulhamgoodneighbours.org

📍 70 Rosaline Rd, London, SW6 7QT

Social Media

🐦 [fulgdneighbours](#)

📷 [fulhamgoodneighbours](#)

📘 [Fulham Good Neighbours](#)

📺 [Fulham Good Neighbours Service](#)





Supporters Scheme Form by Standing Order

Your details

TITLE	FIRST NAME	LAST NAME
<input type="text"/>	<input type="text"/>	<input type="text"/>
ADDRESS		
<input type="text"/>		
POST CODE	EMAIL	TELEPHONE NUMBER
<input type="text"/>	<input type="text"/>	<input type="text"/>

REGISTERED CHARITY

1113752

PLEASE RETURN THIS
COMPLETED FORM TO:

**Fulham Good
Neighbours, Rosaline
Hall, 70 Rosaline Rd,
SW6 7QT, London**

To the Bank Manager

Standing order mandate

NAME OF YOUR BANK (BANK/BUILDING SOCIETY)

ADDRESS OF YOUR BANK

POST CODE

ACCOUNT NAME

ACCOUNT NUMBER

SORT CODE

I WOULD LIKE TO SET UP A STANDING ORDER FOR £ TO BE PAID (MONTHLY/YEARLY/OTHER)

STARTING PAYMENT ON / /

AND THEREAFTER UNTIL FURTHER NOTICE. PLEASE QUOTE REFERENCE:
SUPPORTERS SCHEME

PLEASE PAY THE ABOVE AMOUNT TO: THE CO OPERATIVE BANK, BUSINESS DIRECT PO BOX 250, SKELMERSDALE, WN86WT

ACCOUNT NUMBER: 67309922 ACCOUNT NAME: Fulham Good Neighbour Service SORT CODE: 08-92-99

SIGNATURE: DATE: / /

Gift Aid declaration (at no extra cost to you)

Gift Aid is a tax relief on money donated to UK charities by people who are UK taxpayers

Please increase the value of your donation by 25% by completing this Gift Aid Declaration.

I understand that I must pay an amount of income Tax and/or Capital Gains Tax in the tax year, at least equal to the amount of tax that all the charities and CASCs I donate to, will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify and the charity will reclaim 25p of tax on every £1 that I have given.

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